

Pumpkin Peanut Butter Sandwich

Makes: 2 Sandwiches

The pumpkin in this recipe is a good source of vitamin A.
The banana in the recipe is a healthy addition to the classic peanut butter sandwich.

Ingredients

1/2 cup low-sodium canned pumpkin
1/2 cup creamy or crunchy peanut butter
4 slices whole wheat or white bread
1 medium banana (sliced)

Directions

1. Combine pumpkin and peanut butter in small bowl and mix together with fork or spoon until well blended.
2. Spread 1 tablespoon pumpkin peanut butter spread on each slice of bread.
3. Top 2 slices of bread with banana slices.
4. Top with the second slice of bread to make sandwiches.

Notes

Note: Leftover pumpkin peanut butter spread can be stored in a tightly covered container not made from metal and refrigerated for up to 5 days.